












FEBRUARY 2016 HS – Diabetes Program's Group Exercise Classes SALT RIVER FITNESS CENTER SR Fitness Center: 480-362-7320, Diabetes Program Manager 480-362-7342				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>6:15am-7:00am</u> NO CLASS</p> <p><u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>2:00pm-3:00pm</u> JTR YOGA (private Session)</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> NO CLASS</p> <p><u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Annie</p>	<p>2</p> <p><u>6:15am-7:00am</u> NO CLASS</p>  <p><u>11:05am-11:50am</u> NO CLASS</p> <p><u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion <u>5:30pm-6:30pm</u> NO CLASS</p> <p><u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.</p>	<p>3</p> <p><u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR YOGA (private Session) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Michelle Lynn <u>6:40pm – 7:30 pm</u> BASIC YOGA w/Rachel</p> 	<p>4</p> <p><u>6:15am-7:00am</u> SPIN w/Beverly (9 bikes available) <u>9:30am-10:00am</u> YS EEP – Exercise Session “Mousercise” <u>12:05pm-12:50pm</u> NO CLASS</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> CARDIO MIX w/Rachel</p> <p><u>4:05pm-5:00pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm – 7:30 pm</u> ZUMBA FITNESS w/Michelle Lynn</p>	<p>5</p> <p><u>11:05am-11:50am</u> CROSS TRAINING w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle (9 bikes available) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Rachel</p> 
<p>8</p> <p><u>6:15am-7:00am</u> SPIN w/Rachel (9 bikes available)</p> <p><u>10:30am-11:30am</u> FITNESS CENTER CLOSED <i>Health Service Monthly Meeting</i></p> <p><u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>2:00pm-3:00pm</u> JTR YOGA (private Session)</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> CIRCUIT TRAINING w/Michelle</p> <p><u>6:00PM-7:30PM</u> Healthy Heart Month! ZUMBA FITNESS PARTY Lehi Comm. Building <i>basketball gym</i></p>	<p>9</p> <p><u>6:15am-7:00am</u> SPIN w/Rachel (9 bikes available) <u>9:30am-10:00am</u> YS EEP – Exercise Session <u>11:05am-11:50am</u> STEP AEROBICS w/Michelle <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle (9 bikes available) <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.</p> 	<p>10</p> <p><u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR YOGA (private Session) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Michelle Lynn <u>6:40pm – 7:30 pm</u> BASIC YOGA w/Melinda</p> 	<p>11</p> <p><u>6:15am-7:00am</u> SPIN w/Beverly (9 bikes available) <u>12:05pm-12:50pm</u> ZUMBA FITNESS w/Rachel</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> NO CLASS</p> <p><u>4:05pm-5:00pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm – 7:30 pm</u> ZUMBA FITNESS w/Michelle Lynn</p>	<p>12</p> <p><u>11:05am-11:50am</u> CROSS TRAINING w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle (9 bikes available) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Rachel</p> 
<p>15</p> <p>PRESIDENTS' DAY</p> <p>FITNESS CENTER CLOSED</p> 	<p>16</p> <p><u>6:15am-7:00am</u> SPIN w/Rachel (9 bikes available) <u>9:30am-10:00am</u> YS EEP – Exercise Session <u>11:05am-11:50am</u> STEP AEROBICS w/Michelle <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle (9 bikes available) <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.</p>	<p>17</p> <p><u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR YOGA (private Session) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Michelle Lynn <u>6:40pm – 7:30 pm</u> BASIC YOGA w/Rachel</p> 	<p>18</p> <p><u>6:15am-7:00am</u> SPIN w/Beverly (9 bikes available) <u>12:05pm-12:50pm</u> CARDIO MIX w/Rachel</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> ZUMBA FITNESS w/Rachel</p> <p><u>4:05pm-5:00pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm – 7:30 pm</u> ZUMBA FITNESS w/Michelle Lynn</p>	<p>19</p> <p><u>11:05am-11:50am</u> CROSS TRAINING w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle (9 bikes available) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Rachel</p> 
<p>22</p> <p><u>6:15am-7:00am</u> SPIN w/Rachel (9 bikes available) <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>2:00pm-3:00pm</u> JTR YOGA (private Session)</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> CIRCUIT TRAINING w/Michelle</p> <p><u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Annie</p>	<p>23</p> <p><u>6:15am-7:00am</u> SPIN w/Rachel (9 bikes available) <u>9:30am-10:00am</u> YS EEP – Exercise Session <u>11:05am-11:50am</u> STEP AEROBICS w/Michelle <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion <u>5:30pm-6:30pm</u> SPIN w/Michelle (9 bikes available) <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.</p>	<p>24</p> <p><u>12:05pm-12:50pm</u> HIIT w/Michelle <u>2:00pm-3:00pm</u> JTR YOGA (private Session) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Michelle Lynn <u>6:40pm – 7:30 pm</u> BASIC YOGA w/Melinda</p> 	<p>25</p> <p><u>6:15am-7:00am</u> SPIN w/Beverly (9 bikes available) <u>12:05pm-12:50pm</u> CARDIO MIX w/Rachel</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> BASIC YOGA w/Rachel</p> <p><u>4:05pm-5:00pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>5:30pm-6:15pm</u> HIIT w/Michelle <u>6:30pm – 7:30 pm</u> ZUMBA FITNESS w/Michelle Lynn</p>	<p>26</p> <p><u>11:05am-11:50am</u> CROSS TRAINING w/Rachel <u>12:05pm-12:50pm</u> SPIN w/Michelle (9 bikes available) <u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Michelle Lynn</p> 
<p>29</p> <p><u>6:15am-7:00am</u> SPIN w/Rachel (9 bikes available) <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>2:00pm-3:00pm</u> JTR YOGA (private Session)</p> <p>SR HIGH SCHOOL <u>3:30pm-4:15pm</u> CIRCUIT TRAINING w/Michelle</p> <p><u>5:30pm-6:30pm</u> ZUMBA FITNESS w/Annie</p>	<p>HHS Diabetes Program's Salt River Fitness Center Eligibility: SRPMIC Enrolled Community Member & Family/SRPMIC Residents/SRPMIC Tribal Employee/SRPMIC Enterprise Employee i.e. Casino AZ, Talking Stick Resort, Salt River Fields, Talking Stick Golf, Material Groups, Landfill, DEVCO, and Saddleback.</p> <p>Business Hours: Monday – Thursday: 6:00 am to 7:30 pm Friday: 6:00 am to 6:30 pm Saturday & Sunday: CLOSED</p> <p><i>**Salt River Fitness Center maybe closed due to designated tribal holidays, meetings, events or shortage of staffing. Staff will try to post notice via internet, intranet, email list, and post on facility prior to date, if not able to in a timely manner please plan according. **</i></p> <p>All new participants to the Diabetes Program's Fitness Center and Group Exercise Classes MUST FILL OUT the Health History Form prior to utilizing the facility and participating in Group Exercise Classes. See staff for the Health History Form.</p>			

GROUP EXERCISE CLASS DESCRIPTIONS

BASIC YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life. *Low to Moderate intensity. All fitness levels*

CARDIO KICKBOXING: This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Followed by 5-10 minutes abdominal exercise. *Low to Moderate intensity. All fitness levels*

CARDIO MIX: Get your mix on! This class will mix it up with basic low/high impact, Zumba, kickboxing, step, toning routines. *Low to Moderate intensity. All fitness levels*

CIRCUIT TRAINING: This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. *All levels of fitness.*

CORE FUNCTIONAL TRAINING: The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. *Moderate to High intensity. All fitness levels.*

THE MOMENT
WHEN YOU WANT
TO QUIT, IS THE
MOMENT WHEN
YOU NEED TO
KEEP PUSHING.

CROSS-TRAINING: In this class participants will focus on one or several strength lifts, such as, squats, deadlifts, shoulder press, stiff leg deadlift, front squats, and functional or agility movements in the first portion of the class as a group, followed by the workout for the day which may consist of weight lifts, calisthenics, interval/high intensity, body weight exercises and more. Indoor and outdoor workout session. All exercises & movements can be modified for all. *Moderate to High intensity. All fitness levels.*

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! *Moderate to High intensity. All fitness levels.*

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. **This class is intended for individuals 55+ age group. Low to Moderate intensity.**

SPIN CLASS: SPINNING® & Schwinn Cycling® certified instructors will take you through a workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We encourage a base of cardiovascular exercise of 3 month prior to starting in the spin class. *Moderate to High intensity. All fitness levels.*

- **9 bikes available.**
- **First come, first serves. No reserving bike.**
- **Remember to bring water bottle and towel for workouts!**
- **Please ask instructor for assistance with setting up your bike seat and handle bar if this your first time to Spin or you never been fitted. A good fitting will make a good ride.**

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. *Moderate to High intensity. All fitness levels.*

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. *Low to High intensity. All fitness levels.*



****PRIVATE SESSIONS GROUPS****

JOURNEY TO RECOVERY YOGA: This session is for Journey to Recovery clients only. PRIVATE SESSIONS

YS EEP EXERCISE SESSION: Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

IT TAKES
4 WEEKS
FOR YOU TO SEE YOUR BODY CHANGING

IT TAKES
8 WEEKS
FOR YOUR FRIENDS AND FAMILY

IT TAKES
12 WEEKS
FOR THE REST OF THE WORLD

KEEP GOING NO MATTER WHAT.